

PSYCHOLOGY 109 5723 9:30 M/W, D102

PSYCHOLOGY OF ADJUSTMENT

DISTRIBUTED/HYBRID FORMAT consists of a combination of traditional classroom learning activities and designated class time for online mastery of material for credit.

PROFESSOR: Dr. Dennis Wanamaker

WINTER QUARTER 2008

OFFICE: D 100 B/ PHONE:425-564-2336

OFFICE HOURS: MONDAY & WEDNESDAY 10:30.TUESDAY, THURSDAY and FRIDAY (any time by email)

email: dwanamak@bcc.ctc.edu

TEXT: HUMAN ADJUSTMENT, JOHN SANTROCK, MCGRAW-HILL: 2006.

Students are encouraged to work in learning teams of 2 members and collaborate on assignments collaborate on assignments.

EVALUATION:

1. TESTING COMPONENT:

mid-term	20
comprehensive final	20
2. WRITTEN COMPONENT:

weekly unit assignments:	
labs	10
journal	10
3. HYBRID COMPONENT:

online learning center	10
CD ROM activities	10
4. PARTICIPATION COMPONENT:

Attendance	10
seminar presentations	10

TOTAL: 100

GRADING SCALE:%

93-100 A	87-89 B+	77-79 C+	60-69 D+
90-92 A-	83-86 B	73-76 C	50-59 D
	80-82 B-	70-72 C-	

LEARNING ACTIVITIES:

Lecture/key concepts

Seminar reports

Lab activities

Self assessment journal

Online learning center: www.mhhe.com/santrockha. (web links, testing, interactive exercises)

CD ROM: (self assessments and video clips)

FORMAT: (CLASS MEETINGS M/W) plus additional responsibilities

WEEK/DATE	UNIT/CHAPTER	
1. 1/2 W	SYLLABUS	
2. 1/7 M	GROUP PROCESS	
2. 1/9 W	PERSONALITY	Ch.2
3. 1/14M	PERSONALITY	Ch.2
3. 1/16W	IDENTITY	Ch. 3
4. 1/21M	(HOLIDAY)	Ch. 3 (take home assign)
4. 1/23W	IDENTITY)	Ch. 3
5. 1/28M	STRESS	Ch. 4
5. 1/30W	COPING	Ch. 5
6. 2/4 M	GR. DYNAMICS	Ch. 6
6. 2/6 W	(NO CLASS)	Ch. 6 (take home assign)
7. 2/11 M	COMM.	Ch. 7
7. 2/13 W	COMM	Ch. 7
8. 2/18 M	(HOLIDAY)	Ch. 8 (take home assign)
8. 2 /20W	RELATIONS	Ch. 8
9. 2/25 M	CAREERS	Ch. 10
9. 2/27 W	CAREERS	Ch. 10
10. 3/3 M	SEXUALITY	Ch. 13
10. 3/5 W	SEXUALITY	Ch. 13
11. 3/10M	CLINICAL	Ch. 14
11. 3/12W	CLINICAL	Ch. 14
12. 3/17M	THERAPY	Ch. 15

LEARNING OUTCOMES:

- 1. Students will have a foundation for understanding adjustment in order to better adapt, cope and manage problems, challenges and demands for life.**
- 2. Students will have an opportunity to identify and clarify values.**
- 3. Students will be exposed to methods toward subjective well-being in terms of personal happiness and satisfaction.**
- 4. Students will be exposed to a scientific attitude in order to be a critical consumer of information.**
- 5. Students will be exposed to sound psychological principles based on underlying research in the following subject areas: personality, identity, stress, coping mechanisms, communication styles, relationships, career development, sexuality and health.**
- 6. Students will demonstrate the application of these principles and findings to one's own life.**

Psychology of Adjustment is a research based class based on the scientific approach. Students will be able to make practical applications of psychological theory in personal ways in order to cope with challenges and become happier, better adjusted individuals.

General Education ratings: self assessment/life goals: level 3, ethics and lifelong learning: level 2.